

ANIMAL INGREDIENTS A TO Z
First Edition

Compiled By The E.G. Smith Collective

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INTRODUCTION

The purpose of this pamphlet isn't to preach about why you shouldn't eat animals and how animals are tortured because of societies consumption of them. It has been compiled as a working reference for those who are most likely vegan, and who wonder if Dihydroxyethyl Soyamine Dioleate in their favorite potato chips is vegan (which it isn't).

This pamphlet is comprised of several different articles from all over the country. There where a lot of things that we had collected that we wanted to include but due to the space constraints we where forced to carefully select articles that stayed consistent with the original goal we had set out to accomplish.

The Possible Animal Derived List in this pamphlet requires some explanation. This is a myriad of ingredients that fit into two categories. The first, are ingredients that are most likely animal-derived, but no confirmation has been given by the manufacture(s). The other are ingredients that in some cases are animal-derived, but not always. Usually it is best to use you're best judgement. Lecithin for example will say Soy-Lecithin if it is not derived from animals, on the other hand some ingredients offer no clue to their origins. It is usually best to avoid most of the products listed in this section, just to be safe.

The booklet focuses mainly on food, but it also extends somewhat into shampoos and other products that even people of the meat-eating culture wouldn't normally eat. We have tried to be as thorough and correct as possible, all the information contained in this publication is from reliable sources, all of which are documented at the end, and most have been double checked with our own resources. If you find any additions or corrections please direct them to E.G. Smith Press, P.O. Box 02026, Columbus, Ohio, 43202 -- please include sources and explanations.

E.G. Smith Press Collective

NUTREIENTS

CALCIUM is for the development and growth of bones and teeth, normal clotting of blood and functioning of muscles: watercress; rhubarb; beets; parsley; spinach; broccoli; Chinese cabbage; raw onions; raw celery; akra; chives; raw cabbage; cucumbers; turnips; zucchini; green beans; squash; artichokes

CARBOHYDRATES are for energy, heat and to assist in the absorption of fat soluble vitamins & calcium: cereals; bread & flour products; dried fruits; dried peas & beans; bananas; sugar; potatoes

Protein, fat and carbohydrate combine to form calories _ which supply heat and energy

COPPER can be found in: nuts & beans; dried peas; wheat bran; whole wheat; molasses; mushrooms; avocados; broccoli

ESSENTIAL FATTY ACIDS limit the formation of excess cholesterol in the blood. They are sources of the prostaglandins which regulate processes in the smooth muscles: vegetable oils; peanuts; sesame; sunflower & safflower seeds

FATS are necessary for energy, heat and to assist in the absorption of fat soluble vitamins and calcium: vegetable oils; nuts & nut creams; cooking fats; nut butters; margarine; vegan white fats

FIBRE keeps vascular system in good tone, i.e. prevents troubles in the intestines, veins and arteries: unrefined foods (especially cereals)

FOLIC ACID prevents certain kinds of anemia, assists growth: all green vegetables; yeast extracts

IODINE is for healthy growth and development: dried beans; asparagus; green veggies; pineapple

IRON is for proper formation of red blood cells and regulation of body processes: whole grain cereals; black treacle; raisins; nuts; sesame seeds; soya flour; pulses; cocoa; curry powder

MANGANESE is necessary for the proper functioning of muscle and nervous tissue: alfalfa; chlorophyll; wheat germ; whole grains

NICOTINAMIDE is for healthy digestion, good skin condition, and growth: soya; peanuts; flour & bread; yeast; rice; pulses; beer

PROTEIN helps growth and the repair of body tissues, and for energy their physical properties may be changed by cooking and food preparation generally: soya grits; gluten flour; bakers yeast; brewers yeast; soy flour; soy beans; soy milk; pine nuts; peanuts; wheat germ; lentils

TRACE ELEMENTS are essential accessories to vital processes and to action of other nutrients: carrots; watercress; dried apricots; prunes; tomatoes; cabbage; green peas; all green vegetables and margarine

VITAMIN A is for growth in children, plays a part in the way the eyes receive light, and protects moist surface tissues (bronchial tubes, etc.): peppers parsley; carrots; sweet potatoes; apricots; spinach; mangoes; chives; squash

VITAMIN B1 (Thiamine) is for growth, appetite, digestion, and the nervous system: bread and wheat products; pulses; yeast (brewers is best); Brazils and peanuts (uncooked); wheat germ

VITAMIN B2 (Riboflavin) is for vitality, healthy skin, growth and good sight: yeast; lentils; rye; mushrooms; parsley; broccoli tops; green vegetables

VITAMIN B12 aids growth of nerve cells and the prevention of certain kinds of anemia: brewers yeast; bakers yeast; rice bran; wheat germ; sunflower seeds; cornflakes; pinon ; nuts; soy milk; sesame seeds; brazil nuts; peanuts

VITAMIN C is famous for healing wounds, prevention of scurvy, maintaining stamina, strong blood vessels, resistance to infection: bell peppers; guavas; peppers; broccoli; watercress; parsley; radishes; asparagus; brussel sprouts; chives; strawberries; papayas; canteloupes; oranges; grapefruit

VITAMIN D builds bones & Teeth. Growth: mild exposure to sunlight; sunflower seeds; mushrooms

VITAMIN E is for growth, muscle tissues, normal reproduction. Possibly retards ageing: wheat & rice germ; whole wheat grains; leafy greens; nuts & seeds; legumes

VITAMIN K regulates clotting of blood: green leafy vegetables

ZINC aids in fighting infections: nuts & seeds; wheat germ; brewers yeast; whole grains; yellow & green veggies; yellow fruits

MYTHS

MAPLE SYRUP: Yes, rumours abound about maple syrup containing pork fat. The US vegan society has checked all known sources and found that they are all suitable for vegans.

CHEWING GUM: Some chewing gums contain glycerine. Wrigleys gum contains a vegetarian source of glycerine.

POSTAGE STAMPS: These do not contain an animal or fish glue.

ENVELOPES: Apparently most envelopes have a synthetic glue on them, not an animal or fish based glue.

DEFINITIVE

ADRENALINE: From the adrenals of hogs, cattle and sheep. In medicines. Alternatives: synthetics

ALIPHATIC ALCOHOL: See Vitamin A.

ALLANTOIN: A uric acid from cows, most mammals. Also in many plants (especially comfrey). In cosmetics, Especially creams & lotions, and used in the treatment of wounds and skin ulcers.

AMBERGRIS: From sperm whale intestines. Used as a fixative in perfumes and as a flavoring in foods and beverages. (Federal regulation currently prohibit the use of ingredients derived from marine mammals.) Alternatives: synthetic and vegetable fixatives.

AMINO ACIDS: Animal or plant sources. In cosmetics, vitamins, supplements, shampoos, etc.

AMYLASE: An enzyme prepared from the pancreas of hogs. In cosmetics and medicines

ANIMAL OILS AND FATS: In foods, cosmetics, etc. Highly allergenic. Plant derivatives are superior. Alternatives: Olive oil, wheat germ oil, coconut oil, almond oil, safflower oil, etc.

ARACHIDONIC ACID: A liquid unsaturated fatty acid occurring in the liver, brain, glands, and fat of animals. Generally isolated from the liver. In skin creams and lotions to soothe eczema and rashes.

ASPARTIC ACID: DL and L forms. Aminosuccinate Acid. Can be animal or plant (e.g. Molasses) source. In Creams and ointments. Sometimes synthesized for commercial purposes.

BEE PRODUCTS: From bees. For bees. Bees are selectively bred. Culls are killed. A Cheap sugar is substituted for their stolen honey and millions die as a result. Their legs are often torn off by pollen-collecting trap doors.

BEE POLLEN: Collected from the legs of bees. Causes allergic reactions in some people. In supplements, shampoos, toothpastes, deodorants. Too concentrated for human use.

BEESWAX: Obtained from the honeycomb of bees. Very cheap and traditional but harmful to the skin. Some companies won't use beeswax as it doesn't permit the skin to breathe. In lipsticks and many other cosmetics, especially face creams, lotions, mascaras, eye creams and shadows, makeup bases, nail whiteners, etc. Used in making candles, crayons and polishes. Alternatives: Paraffin; vegetable oils and fats; ceresin, made from the mineral ozokerite (replaces beeswax in candle making); carnauba wax from the Brazilian palm tree (used in many cosmetics and in the manufacture of rubber, phonograph records, in waterproofing and writing inks); Japan was, from the fruit of a tree grown in Japan and China; synthetic beeswax.

BENZOIC ACID: In almost all vertebrates and in berries. In mouthwashes, deodorants, creams, aftershave lotions, perfumes, foods, beverages. Alternatives: gum benzoin (tincture) from the aromatic balsamic resin from trees grown in china, Sumatra, Thailand and Cambodia.

BIOTIN: Vitamin H. Vitamin B Factor. In every living cell and in larger amounts in milk and yeast. Used in cosmetics, shampoos, creams. Alternatives: plant sources.

BLOOD: This should be obvious but if it isn't.... From any slaughtered animal. Used in cheese making, foam rubber, intravenous feedings, medicines and as adhesive in plywood. Possibly in foods as lecithin (see). Alternatives: synthetics, plant sources.

BOAR BRISTLES: Hair from wild or captive hogs. In "natural" toothbrushes, hairbrushes, bath brushes, cosmetic brushes and shaving brushes. Alternatives: vegetable fibers, nylon.

BONE ASH: Bone earth. The ash of burned bones, used as a fertilizer, in making ceramics and in cleaning and polishing compounds.

BONEBLACK: Bone charcoal. A black pigment containing about 10% charcoal made by roasting bones in an airtight container. Used in aquarium filters and in refining cane sugar. In eye shadows, polishes.

BONE MEAL: Animal bones. In some fertilizers, some vitamins and supplements as a source of calcium, toothpastes. Alternatives: plant mulch, vegetable compost, dolomite, clay, vegetarian vitamins.

CAPRYLIC ACID: Can come from cow or goat milk. Also from palm and coconut oil, other plant oils. In perfumes, soaps.

CARMINE: Cochineal. Carminic Acid. Red pigment from the crushed female cochineal insect. Reportedly 70,000 beetles may be killed to produce one pound of this red dye. Used in cosmetics, shampoos, red apple sauce and other foods. May cause allergic reactions. Alternatives: beet juice, no known toxicity (used in powders, roughes, shampoos); alkanet root, from the root of an herblike tree, no known toxicity (used as a red dye for inks, wines, lip balms, etc. and can be combined to make a copper or blue coloring).

CAROTENE. Provitamin A. Beta Carotene. Found in many animal tissues and in all plants. Used as a coloring in cosmetics and in the manufacture of Vitamin A.

CASEIN. Caseinogen. Milk protein. In "non-dairy" creamers, many cosmetics, hair preparations, beauty masks. Alternatives: soy protein, vegetable milks.

CASTOREUM: Castor. From muskrat and beaver genitals. Used in perfumes and incense. Alternatives: synthetics, plant sources. Castor oil comes from the castor bean and is used in many cosmetics.

CATGUT: Tough cord or thread made from the intestines of sheep, horses, etc. Used for surgical sutures and for stringing tennis rackets and musical instruments, etc. Alternatives: nylon & other man-made fibers.

CETYL ALCOHOL: Cetyl Lactate. Cetyl Myristate. Cetyl Palmitate. Ceteth-1, 02, etc. Wax found in spermaceti (see) from sperm whales or dolphins. Used in lipsticks, mascaras, nail polish removers, hand lotions, cream roughs and many other cosmetics, shampoos, hair lacquers and other hair products, deodorants, antiperspirants (Federal regulations currently prohibit the use of ingredients derived from marine mammals.) Alternatives: vegetable cetyl alcohol (e.g., coconut) synthetic spermaceti.

CHOLESTERIN: Cholesterol. A steroid alcohol, especially in all animal fats and oils, nerve tissue, egg yolk and blood. Can be derived from lanolin (see). In cosmetics, eye creams, shampoos, etc. Alternatives: plant sources, synthetics.

CIVET: Obtained from the civet, a small mammal, by stimulating it, usually through torture. Civets are kept captive in cages in horrible conditions. Used in perfumes as a fixative.

COLLAGEN: A fibrous protein in vertebrates. Usually derived from animal tissue. In cosmetics. Can't affect the skin's own collagen.

Alternatives: soy protein, almond oil, amla oil (from Indian tree's fruit).

CORTISONE: Cortico Steroid. Hormone from cattle liver. Widely used in medicine. Alternatives: synthetics.

CYSTEINE, L-Form. CYSTINE: Two amino acids which can come from animals. Used in hair products and creams, in some bakery products and wound healing formulations. Alternatives: Plant sources.

DOWN: Good or duck insulating feathers. Often from slaughtered or cruelly exploited geese. Used in pillows and as an insulator in quilts, parkas, sleeping bags. Bad in cold, wet weather as it packs down. Alternatives: many polyester and man-made substitutes, superior in many ways; kapok (silky fibers from the seeds of some tropical trees); milkweed seed pod fibers.

DUODENUM SUBSTANCES: From the digestive tracts of cattle and swine. In some vitamins and medicines. Alternatives: vegetarian vitamins, synthetics.

EGG ALBUMIN: Albumen. In eggs, milk, muscles, blood and in many vegetable tissues and fluids. In cosmetics, albumin is usually derived from egg whites. May cause allergic reactions. In cakes, cookies, candies, other foods. Egg whites sometimes used in "clearing" wines.

EGG PROTEIN: In shampoos, skin preparations, etc. Alternatives: plant proteins.

ELASTIN: Found in the neck ligaments and aorta of cattle (bovine). Similar to collagen Can't affect the skin's own elasticity. Alternatives: synthetics, proteins from plant tissues.

ESTROGEN: Estrone. Estradiol. From cow ovaries and pregnant mares' urine. Considered a drug. Can have harmful systemic effects if used by children. Used for reproductive problems and in birth control pills. In creams and lotions. Has no effect in the creams as a "nourishing" factor and simple vegetable source creams are considered better. Alternatives: Oral contraceptives marketed today are usually based on synthetic steroids. Phytoestrogens (from plants) are being researched currently.

FATTY ACIDS: Can be one or any mixture of liquid and solid acids, caprylic, myristic , oleic, palmitic, stearic (see all), behenic. Used in bubble baths, lipsticks, soaps, detergents, cosmetics, shampoos,

foods. Alternatives: vegetable-derived acids, soya lecithin, safflower oil, bitter almond oil, sunflower oil, etc.

FEATHERS: Generally from exploited and/or slaughtered birds. Can be used as ornaments in whole or can be ground up in shampoos, etc. See Down. See Keratin.

FISH LIVER OIL: Cod-Liver Oil. Fish livers. Used in Lubricating creams and lotions, vitamins and supplements. In milk fortified with Vitamin D. Alternatives: vegetable oils, yeast extract ergosterol, sunshine.

FISH OIL: See Marine Oil. Fish oil can be from marine mammals. Used in skin ointments, soap making, etc. (Federal regulations currently prohibit the use of ingredients derived from the marine mammals.)

FISH SCALES: Used in shimmery makeups (eye, etc.). Garbage cans full of scales are sold to manufacturers. Alternatives: mica, rayon.

FLETAN OIL: Rare ingredient derived from fish liver which includes lecithin, Vitamin A and Vitamin D (see all).

FUR: Hopefully speaks for itself.

GELATIN: Gel. Protein obtained by boiling skin, tendons, ligaments or bones with water, From cattle and hogs. Used in shampoos, face masks, other cosmetics. Used as a thickener for fruit gelatins and puddings ("Jello"). In candies, marshmallows, cakes, ice cream, yogurts. On photographic film as a coating and in vitamins as capsules. Sometimes used to assist in "clearing" wines. Alternatives: algae and seaweed (carrageen [Irish moss], algin, agar-agar, kelp), used in jellies, plastics, medicines; pectin from fruit; dextrans; locust bean gum cotton gum. Marshmallows were originally made from the root of the marshmallow plant.

GLUTAMIC ACID: An amino acid found widely in plant and animal tissue. Used as food seasoning and as an antioxidant in cosmetics.

GLYCERIDES: Monoglycerides. Diglycerides. From animal fat. In margarines, cake mixes, confectioneries, foods, cosmetics, etc. See Glycerin. Alternatives: vegetable monoglycerides and diglycerides, synthetics.

GLYCERIN: Glycerol. Polyglycerol. Polytethylene Glycol (PEG). A by-product of soap manufacture (normally used animal fat). In cosmetics,

foods, mouthwashes, toothpastes, soaps, ointments, medicines, lubricants, transmission and brake fluids, plastics. Alternatives: Vegetable or vegetable glycerin, a by-product of vegetable oil soap; derivatives of seaweed, petroleum.

GUANINE: Pearl essence. Obtained from scales of fish. Constituent of ribonucleic acid and deoxyribonucleic acid and is found in all animal and plant tissues. In shampoos, nail polish, other cosmetics. Alternatives: leguminous plants, synthetics.

HIDE GLUE: Same as gelatin but of a cruder, impure form. Alternatives: Dextrins and synthetic petrochemical-based adhesives.

HONEY: Food for bees, made by bees. Still a sugar, too concentrated for humans. Contains toxins harmful to humans. Can cause allergic reactions. In cosmetics, foods. Alternatives: Maple syrup, Date sugar, syrups made from grains.

HORSEHAIR AND OTHER ANIMAL HAIR: In some blankets mattresses, brushes, furniture, etc. Alternatives: vegetable and man-made fibers.

HYDROLYZED ANIMAL PROTEIN: In cosmetics, especially shampoos and hair treatments. Alternatives: soy protein, other vegetable proteins, amla oil (from an Indian tree's fruit).

INSULIN: From the pancreas of hogs and oxen. Used by millions of diabetics daily. Alternatives: synthetics, human insulin grown in a lab, diet when possible.

ISINGLASS: A form of gelatin prepared from the internal membranes of fish bladders. In foods and sometimes used in "clearing" wines. Alternatives: bentonite clay, "Japanese isinglass"; see Alternatives for Gelatin. Isinglass is also a mineral, mica, used in cosmetics.

KERATIN: From the ground-up horns, hoofs, feathers, quills and hair of various creatures. In hair rinses, shampoos, permanent wave solutions. Alternatives: almond oil, soy protein, amla oil, (from an Indian tree's fruit), rosemary, nettle. Rosemary and nettle give body and stand strength to hair.

LACTIC ACID: L-Lactic Acid (a by-product of the slaughterhouse). Produced by the fermentation of lactose when milk sours or from sucrose and some other carbohydrates by the action of certain microorganism. Can be found in blood and muscle tissue. In skin fresheners, adhesives, plasticizers, pharmaceuticals, sour milk, beer,

sauerkraut, pickles and other food products made by bacterial fermentation. Used in foods and beverages as an acidulant, flavoring and preservative.

LACTOSE: Milk sugar. Milk of mammals. In eye lotions, foods, tablets, cosmetics, baked goods, medicines, Alternatives: plant milk sugars.

LANOLIN: Lanolin Acid. Lanolin Alcohols (sterol, Triterpene Alcohol, Aliphatic Alcohol). Wool Fat. Laneth-5, -10, etc. Lanogene. Lanosterol. Isopropyl Lanolate. A product of the oil glands of sheep, extracted from their wool. In many skin care products and cosmetics and in medicines. Some cosmetic companies won't use it because it commonly causes allergic contact skin rashes, and also they consider it to be a cheap filler. Vegetable sources are thought to be better moisturizers- lanolin is too greasy, waterproof and sealing. Skin can't breathe. See Wool for cruelty to sheep.

LARD: Fat from hog abdomens. In shaving creams , soaps, cosmetics, baked goods and other foods. Hard to digest. Alternatives: vegetable fats or oils.

LEATHER: Suede. Calfskin. Sheepskin. Alligator. Kid. Euphemism for animal skin. The use of and sale of it subsidizes the meat industry . Used to make wallets, handbags, belts, furniture, and car upholstery, shoes, coats, etc. Alternatives: natural materials such as cotton, canvas, etc.; man-made materials such as nylon, vinyl.

LECITHIN: Choline Bitartrate. In all living organism. Frequently obtained for commercial purposes from eggs and soybeans (when stated SOY lecithin). Also from nerve tissue , blood, milk, corn. Choline bitartrate, the basic constituent of lecithin, is in many animal and plant tissues or prepared synthetically. Lecithin can be in eye creams, lipsticks, liquid powders, hand creams, lotions, soaps, shampoos, other cosmetics, candies and other foods, medicines.

LINOLEIC ACID: An essential fatty acid (see). In cosmetics vitamins.

LIPASE: Enzyme from the stomachs and tongue glands of calves, kids and lambs. Probably in some vitamins. Alternatives: vegetable enzymes.

LIPOIDS/LIPIDS: Fat and fatlike substances which occur in animals and plants.

LUNA SPONGE: Sea Sponge., A plantlike animal that lives in the sea and is becoming scarce. Alternatives: man-made sponges.

MARINE OIL: Fish Oil. From fish or marine mammals (including porpoises). Used in soap making, candles, lubricants, paints and as a shortening (especially in some margarines). (Federal regulations currently prohibit the use of ingredients derived from marine mammals.)

METHIONINE: An essential amino acid found in various proteins. Used as a texturizer in creams.

MILK PROTEIN: Hydrolyzed Milk Protein. From milk (cows). In cosmetics, shampoos, moisturizers, conditioners, etc. Alternatives: soy protein, other plant proteins.

MINK OIL: From minks. In cosmetics, creams, etc. Alternatives: vegetable oils and emollients (e.g., avocado, almond oil, jojoba, etc.)

MUSK: Obtained from the genitals of the Northern Asian small hornless deer. In perfumes and food flavorings. Can cause allergic reactions. Alternatives: labdanum (oil which comes from various rockrose shrubs), no known toxicity. Other plants have a musky scent also.

MYRISTIC ACID: Isopropyl myristate. Myristyl. Etc. In most animal and vegetable fats. In Butter acids. Used in shampoos, creams, cosmetics, food flavorings. Alternatives: nut butters, oil of lovage, coconut oil, extract from seed kernels of nutmeg, etc.

"NATURAL SOURCE.": Can mean animal, vegetable or mineral source. Most often in the health food industry, it means an animal source, especially in cosmetics (e.g., animal elastin [see], animal glands, fat, protein, oil, etc.) . Be wary of this term. Find out exact source.

NUCLEIC ACID: In the nucleus of all living cells. Used in cosmetics, shampoos, conditioners, vitamins, supplements, etc. Alternatives: plant sources.

OCTYL DODECANOL: Mixture of solid waxy alcohols. Primarily from stearyl alcohol (see).

OLEIC ACID: Oleth-2, -3, -20, etc. Oleyl Alcohol. Oleamine. Oleyl Betaine. Obtained from various animal and vegetable fats and oils. Is usually obtained commercially from inedible tallow (see). In foods,

soft soaps, bar soaps, permanent wave solutions, shampoos, creams, nail polish, lips ticks, liquid makeups, many other skin preparations. Alternatives: coconut oil; see alternatives for Animal Oils and Fats.

OX BILE: Oxgall. From castrated bovines. In creams.

PALMITIC ACID: Palmitate. Fatty Acids. From fats, oils (see Fatty Acids) mixed with stearic acid (see). Occurs in many animal fats and plant oils. In shampoos, shaving soaps, creams. Alternatives: palm oil and other vegetable sources.

PANTHENOL: Depanthenol. Vitamin B Complex Factor. Provitamin B5. Can come from animal or plant sources or synthetics. In shampoos, foods, supplements, emollients, etc.

PEPSIN: Obtained from the stomachs of hogs. A clotting agent. In some cheeses and vitamins. Same uses and alternatives as rennet (see).

PLACENTA: Placenta Polypeptides Protein. Afterbirth. Contains waste matter eliminated by the fetus. Derived from the uterus of slaughtered animals. Animal placenta is widely used in skin creams, shampoos, masks, etc. Doesn't remove wrinkles. Alternatives: kelp, vegetable oils.

POLYPEPTIDES: Obtained from slaughterhouse wastes. See RNA/DNA. Alternatives: plant proteins and enzymes.

PROPOLIS: A resinous substance collected from various plants by bees and used in the construction of their hives. In toothpastes, shampoos, deodorants, supplements, etc.

POLYSORBATES: Derivatives of fatty acids (see). In cosmetics, foods.

PRISTANE: Obtained from the liver oil of sharks and from whale ambergris (see). See Squalene. Used as a lubricant and anticorrosive agent. In cosmetics. (Federal regulations currently prohibit the use of ingredients derived from marine mammals.) Alternatives: plant oils, synthetics.

PROGESTERONE: A steroid hormone (see) used in face creams. Can have adverse systemic effects. Alternatives: synthetics.

RENNET: Rennin. From calves' stomachs. Used in cheesemaking, rennet custard (junket) and in many coagulated dairy products.

Alternatives: microbial coagulating agents, bacteria culture, lemon juice.

RNA/DNA: Ribonucleic Acid. Deoxyribonucleic Acid. Polypeptides. Obtained from slaughterhouse wastes. In all living cells. Used in many protein shampoos and cosmetics. Alternatives: plant cells.

ROYAL JELLY: Secretion of the throat glands of the honeybee workers that is fed to the larvae in a colony and to all queens larvae. No proven value in cosmetic preparations. Alternatives: aloe vera, comfrey, other plant derivatives.

SABLE BRUSHES: From the fur of sables (weasel-like mammals). Used to make cosmetic brushes. Alternatives: synthetic furs and fibers.

SILK: Shiny fiber made by silkworms to form their cocoons. Boiled or roasted in their cocoons to get the silk. Used in cloth and silk screening. Alternatives: milkweed seed pod fibers, nylon, silk-cotton tree and ceiba tree filaments (kapok), rayon, man-made silks. Other fine cloth can be and is used for silk screening. Taffeta can be made from silk or nylon.

SILK POWDER: Obtained from the secretion of the silkworm. Used as a coloring agent in face powders, soaps, etc. Causes severe allergic reactions; systemic reactions if inhaled or ingested.

SNAILS: Crushed. In some cosmetics.

SPERMACETI: Cetyl Palmitate. Sperm Oil. Waxy oil derived from the sperm whale's head or from dolphins. In skin creams, ointments, shampoos, candles, many margarines. Used in the leather industry. May become rancid and cause irritations (Federal regulations currently prohibit the use of ingredients derived from marine mammals.) Alternatives: Synthetic spermaceti, jojobas oil and other vegetable emollients.

SQUALANE: Obtained from shark liver oil. Lubricant and perfume fixative. Alternatives: synthetics.

SQUALENE: From shark liver oil or vegetable oil. An emollient from a "natural source" (see). A precursor of cholesterol in biosynthesis. In cosmetics, moisturizers, hair dyes. Alternatives: vegetable emollients (olive oil, wheat germ oil, rice bran oil, etc.).

STEARIC ACID: Tallow (see). Stearamide. Stearate. Quaternium 27. Stearin. Fat from cows, sheep, etc. (could be dogs and cats from shelters). Most often refers to a fatty substance taken from the stomachs of pigs. Can be harsh, irritating. Used in cosmetics, soaps, lubricants, candles, hairsprays, conditioners, deodorants, creams. Alternatives: can be found in many vegetable fats, e.g., coconut.

STEARYL ALCOHOL: Stenol. A mixture of solid alcohols; can be prepared from sperm whale oil. In medicines, creams, rinses, shampoos, etc. (Federal regulations currently prohibit the use of ingredients derived from marine mammals.) Alternatives: plant tissues, synthetics.

STEROID: Sterol. From various animal glands or from plant tissues. Steroids include sterols. Sterols are alcohols from animals or plants (e.g., cholesterol). Used in hormone preparations. In creams, lotions, hair conditioners, fragrances, etc. Alternatives: plant tissues, synthetics.

TALLOW: Tallowate. Tallow Fatty Alcohol. Stearic Acid (see). Rendered beef or sheep fat. May cause eczema and blackheads. In wax paper, crayons, margarine, paints, rubber, lubricants, candles, soaps, shampoos, lipsticks, shaving creams, other cosmetics. Alternatives: vegetable tallow (animal tallow usually used commercially), Japan tallow, paraffin, ceresin (see alternatives for Beeswax).

TURTLE OIL: Sea Turtle Oil. From the muscles and genitals of giant sea turtles. In soaps, skin creams, nail creams, other cosmetics. Alternatives: Vegetable emollients (see Alternatives for Animal Oils and Fats).

UREA: Carbamide. Imidazolidinyl Urea. Uric Acid. Found in urine and other body fluids. Also produced synthetically. In deodorants, ammoniated dentifrices, mouthwashes, hair colorings, hand creams, lotions, shampoos, etc. Used to "brown" baked goods such as pretzels.

VITAMIN A: Retinol. Acetate and Palmitate (see Palmitic Acid). An aliphatic alcohol. Can come from fish-liver oil (e.g., shark-liver oil), egg yolks, butter, lemongrass, wheat germ oil, carotene in carrots, etc., synthetics. In cosmetics, creams, perfumes, hair dyes, vitamins, supplements.

VITAMIN B12: Usually from an animal source. Some vegetarian B12 fortified yeasts and analogs available. Some vegetarian B12 vitamins

are in a stomach base. Plant algae discovered containing B12, now in supplement form (spirulina). Also, B12 is produced in a healthy body.

VITAMIN D: Ergocalciferol (Vitamin D2, Ergosterol, provitamin D2, Calciferool). Vitamin D3. Vitamin D can come from fish-liver oil, eggs, milk, butter. Vitamin D2 is made by irradiating ergosterol, a provitamin from plants or yeast. Vitamin D3 is from fish-liver oil. In creams, lotions, other cosmetics, vitamins. Alternatives sunshine, plant sources, synthetics.

OTHER VITAMINS: (Choline, Biotin [see], Inositol, Riboflavin, etc.). Many other vitamins can come from animal sources. Alternatives: vegetarian vitamins, plant and mineral sources.

WHEY: From milk. Usually in cakes, cookies, candies, cheese. Alternatives: soybean whey.

WOOL: From sheep (in the U.S., mostly from slaughtered ones). Used in clothing, including blends. Ram lambs and old "wool" sheep are slaughtered for their meat and last shearing. Sheep are transported without food or water in extreme heat and cold. Legs are broken, eyes injured, etc. Sheep are bred to be unnaturally woolly. Inferior sheep are killed. Shearing DOES hurt the sheep. They are pinned down violently, sheared roughly. Their skin is cut up. Every year, hundreds of thousands of shorn sheep die from exposure to cold. Natural predators of sheep (wolves, coyotes, eagles, etc.) are poisoned, trapped and shot. In the USA, overgrazing by cattle and sheep is turning more than 150 million acres of land into desert. "Natural" wool raising uses enormous amounts of resources and energy (to breed, raise, feed, shear, transport, slaughter, etc. the sheep). Many people are allergic to wool. Alternatives: cotton, cotton flannel, linen, man made fibers, etc.

INGREDIENTS

INGREDIENTS DERIVED FROM ANIMALS:

A

Acetylated Hydrogenated Lard Glyceride

Acetylated Lanolin

Acetylated Lanolin Alcohol

Acetylated Lanolin Ricinoleate

Acetylated Tallow

Albumen

Albumin

"Amerachol"(TM)
Ammonium Hydrolyzed Protein
Amniotic Fluid
AMPD Isoteric Hydrolyzed Animal Protein
Amylase
Animal Collagen Amino Acids
Animal Keratin Amino Acids
Animal Protein Derivative
Animal Tissue Extract _ Epiderm Oil R
Arachidonic Acid

B

Batyl Alcohol
Batyl Isostearate
Beeswax
Benzyltrimonium Hydrolyzed Animal Protein
Brain Extract
Buttermilk

C

C30-46 Piscine Oil
Calfskin Extract
Cantharides Tincture _ Spanish Fly
Catharidin
Carmine _ Cochineal
Carminic Acid _ Natural Red No. 4
Casein
Castor _ Castoreum (not Castor Oil)
Ceteth-2 _ Poltethylene (2) Cetyl Ether
Ceteth-2, -4, -6, -10, -30
Cholesterol
Civet
Cochineal
Cod-Liver Oil
Coleth-24
Collagen
Cysteine, -L-Form
Cystine (or Cysteine)

D

Dea-Oleth-10 Phosphate
Desamido Animal Collagen
Desamidocollagen
Dicapryloyl Cystine
Diethylene Tricaseinamide
Dihydrocholesterol

Dihydrocholesterol Octyldodecanoate
Dihydrocholeth-15
Dihydrocholeth-30
Dihydrogenated Tallow Benzylmoniumchloride
Dihydrogenated Tallow Methylamine
Dihydrogenated Tallow Phthalate
Dihydroxyethyl Tallow Amine Oxide
Dimethyl Hydrogenated Tallowamine
Dimethyl Tallowamine
Disodium Hydrogenated TallowGlutamate
Disodium Tallamido Mea-Sulfosuccinate
Disodium Tallowaminodipropionate
Ditallowdimonium Chloride
Dried Buttermilk
Dried Egg Yolk

E
Egg
Egg Oil
Egg Powder
Egg Yolk
Egg Yolk Extract
Elastin
Embryo Extract
Estradiol
Estradiol Benzoate
Estrogen
Estrone
Ethyl Arachidonate
Ethyl Ester of Hydrolyzed Animal Protein
Ethyl Morrhuate _ Lipineate
Ethylene Dehydrogenated Tallowamide

F
Fish Glycerides
Fish Oil

G
Gelatin (not Gel)
Glucuronic Acid
Glyceryl Lanolate
Glycogen
Guanine _ Pearl Essence

H
Heptylundecanol

Honey
Human Placental Protein
Human Umbilical Extract
Hyaluronic Acid
Hydrogenated Animal Glyceride
Hydrogenated Ditallow Amine
Hydrogenated Honey
Hydrogenated Laneth-5, -20, -25
Hydrogenated Lanolin
Hydrogenated Lanolin Alcohol
Hydrogenated Lard Glyceride
Hydrogenated Shark-Liver Oil
Hydrogenated Tallow Acid
Hydrogenated Tallow Betaine
Hydrogenated Tallow Glyceride
Hydrolyzed Animal Elastin
Hydrolyzed Animal Keratin
Hydrolyzed Animal Protein
Hydrolyzed Casein
Hydrolyzed Elastin
Hydrlyzed Human Placental Protein
Hydrolyzed Keratin
Hydrolyzed Silk
Hydroxylated Lanolin

I

Isobutylated Lanolin
Isopropyl Lanolate
Isopropyl Tallowatelsopropyl Lanolate
Isostearic Hydrolyzed Animal Protein
Isostearoyl Hydrolyzed Animal Protein

K

Keratin
Keratin Amino Acids

L

Lactic Yeasts
Lactose _ Milk Sugar
Laneth-5 through -40
Laneth-9 and -10 Acetate
Lanolin _ Wool Fat; Wool Wax
Lanolin Acid
Lanolin Alcohols _ Sterols; Triterpene Alcohols; Aliphatic
Alcohols
Lanolin Linoleate

Lanolin Oil
Lanolin Ricinoleate
Lanolin Wax
Lanoinamide DEA
Lanosterol
Lard
Lard Glyceride
Lauroylhydrolyzed Animal Protein
Leucine
Liver Extract
Lysine

M
Magnesium Lanolate
Magnesium Tallowate
Mammalian Extract
Mayonnaise
MEA-Hydrolyzed Animal Protein
Menhaden Oil _ Pogy Oil; Mossbunker Oil
Milk
Mink Oil
Minkamidopropyl Diethylamine
Muscle Extract
Musk
Musk Ambrette
Myristoyl Hydrolyzed Animal Protein

N
Neat's-Foot Oil

O
Oleamidopropyl Dimethylamine Hydrolyzed Animal Protein
Oleostearine
Oleoyl Hydrolyzed Animal Protein
Oleth-2, and 3
Oleth-5, and 10
Oleth-10
Oleth-25 and 50
Oleyl Alcohol
Oleyl Arachidate
Oleyl Imidazoline
Oleyl Lanolate
Ovarian Extract

P
Palmitoyl Hydrolyzed Animal Protein

Palmitoyl Hydrolyzed Milk Protein
PEG-28 Glyceryl Tallowate
PEG-8 Hydrogenated Fish Glycerides
PEG-5 through -70 Hydrogenated Lanolin
PEG-13 Hydrogenated Tallow Amide
PEG-5 to -20 Lanolate
PEG-5 through -100 Lanolin
PEG-75 Lanolin Oil and Wax
PEG-2 Milk Solids
PEG-6, -8, -20 Sorbitan Beeswax
PEG-40, -75, or -80 Sorbitan Lanolate
PEG-3, -10, or -15 Tallow Aminopropylamine
PEG-15 Tallow Polyamine
PEG-20 Tallowate
Pentahydrosqualene
Perhydrosqualene
Pigskin Extract
Placental Enzymes, Lipids and Proteins
Placental Extract
Placental Protein
Polyglyceryl-2 Lanolin Alcohol Ether
Potassium Caseinate
Potassium Tallowate
Potassium Undecylenoyl Hydrolyzed Animal Protein
PPG-12-PEG-50 Lanolin
PPG-2, -5, -10, -20, -30 Lanolin Alcohol Ethers
PPG-30 Lanolin Ether
Pregnenolone Acetate
Pristane
Progesterone
Purcelline Oil Syn

R

Royal Jelly

Rennet

S

Saccharide Hydrolysate

Saccharide Isomerate

Serum Albumin

Serum Proteins

Shark-Liver Oil

Shellac

Shellac Wax

Silk Amino Acids

Silk Powder

Sodium Caseinate
Sodium Chondroitin Sulfate
Sodium Coco-Hydrolyzed Animal Protein
Sodium Hydrogenated Tallow Glutamate
Sodium Laneth Sulfate
Sodium Methyl Oleoyl Taurate
Sodium n-Mythyl-n-Oleyl Taurate
Sodium Soya Hydrolyzed Animal Protein
Sodium Tallow Sulfate
Sodium Tallowate
Sodium / TEA-Lauroyl Hydrolyzed Animal Protein
Sodium / TEA-Undecylenoyl Hydrolyzed Animal Protein
Sodium Undecylenate
Soluble (Animal) Collagen
Soya Hydroxyethyl Imidazoline
Spleen Extract
Squalene
Stearyl Alcohol _ Stenol

T
Tallow
Tallow Acid
Tallow Amide
Tallow Amidopropylamine Oxide
Tallow Amine
Tallow Amine Oxide
Tallow Glycerides
Tallow Hydroxyethyl Imidazoline
Tallow Imidazoline
Tallowmide DEA and MEA
Tallowmidopropyl Hydroxysultaine
Tallowminopropylamine
Tallowmphoacete
Talloweth-6
Tallow Trimonium Chloride _ Tallow
Tea-Abietoyl Hydrolyzed Animal Protein
Tea-Coco Hydrolyzed Animal Protein
Tea-Lauroyl Animal Collagen
Amino Acids
Tea-Lauroyl Animal Keratin Amino Acids
Tea-Myristol Hydrolyzed Animal Protein
Tea-Undecylenoyl Hydrolyzed Animal Protein
Testicular Extract
Threonine
Triethonium Hydrolyzed Animal Protein Ethosulfate
Trilaneth-4 Phosphate

W

Wood Fat

Wool Wax Alcohols

Y

Yogurt

Z

Zinc Hydrolyzed Animal Protein

ALCOHOL

In the January/February 1995 issue of Animal Times-PETA's bimonthly magazine there is a list of "cruelty-free beers." The following is direct quotation: "The following brewing companies have assured PETA

in writing that all their various beers are made without animal-derived ingredients, additives, or processing agents:

Anderson Valley

Anheuser-Busch

Barley's

Beach

Beck's

Big Dog's Hospitality Group

Blue Ridge

Brick

Carlsberg-Tetley

Columbus

Courage

Dallas County

Dempsey's

Deschutes

Dock Street

Dubuque

Eddie McStiff's

Fremont

Fullers

Golden Pacific

Grant's Yakima (but Grant's Apple Honey Ale uses honey)

Greene King

Grolsch

G. Heileman
Irons
James Page
Jones Street
Lakefront
Latrobe (Rolling Rock)
Les Brasseurs du Nord
Lost Coast
Mad River
Manhattan Beach
Masters Brewpub & Brasserie
Miller
Miracle
Nelson
Nevada City
North Coast
Nouveaux Brasseurs-Bar L'Inox
Odell
Onalaska
Oranjeboom
Otter Creek
Otto Brothers'
Pacific Hop Exchange
Pennsylvania
Pete's
Pyramid Ales
Ragtime Tavern
Rainier
Richbrau
Roslyn
Samuel Smith
San Andreas
Scottish & Newcastle
Shan Sui
Sharky's
Shepherd Neame
Sierra Nevada
Silo
Sleeman
Sonoma (Dempsey's)
Spinnakers Brewpub
Sprecher
Star
Steelhead
Table Rock
Telluride

Thames Valley
Treaty Grounds
Triple Rock
Truckee
Umpqua
Upper Canada
Vaux Brewery
Weeping Radish
Whistler
Whitbread Beer
Woodstock
Young & Co.

All German beers are winners, because all are vegan. Bavarian
purity
laws limit them to 4 ingredients only: water, grain, hops and yeast."

Also: "Among the breweries making vegan nonalcoholic beer are
Miller
(Sharp's), Heileman (Kingsbury), and Anheuser-Busch (O'Doul's
Premium
Non-Alcoholic Brew)."

POSSIBLE

INGREDIENTS THAT ARE USUALLY ANIMAL-DERIVED:

*See Introduction

A

Acetaldehyde _ Ethanal

Acetic Acid

Acetic Anhydride _ Acetyl Oxide; Acetic Oxide

Acetoin _ Acetyl Methyl Carbinol

Acetylated Sucrose Distearate

Acetylmethylcarbinol

Alanine

Alcloxa _ Aluminum Chlorohydroxy Allantoinate

Aldol

Allantoin

Allantoin Acetyl Methionine

Allantoin Ascorbate

Allantoin Biotin

Allantoin Calcium Pantothenate

Allantoin Galacturonic Acid

Allantoin Glycyrrhetic Acid

Allantoin Polygalacturonic Acid
Allantoinate
Aluminum Acetate _ Burow's Solution
Aluminum Chorhydroxy Allantoinate
Aluminum Distearate
Aluminum Isostearates/Laurates/Stearates
Aluminum Isostearates/Myristates
Aluminum Isostearates/Palmitates
Aluminum Lactate
Aluminum Myristates/Palmitates
Aluminum Salts (Aluminum Acetate, Aluminum Lanolate, Aluminum Stearate,
Aluminum Tristearate)
Aluminum Stearates
Aluminum Tripalmitate/Triisostearate
Aluminum Tristearate
Ammonium C12-15 Pareth Sulfate _ Pareth-25-3 Sulfate
Ammonium Isostearate
Ammonium Myristyl Sulfate
Ammonium Oleate
Ammonium Stearate _ Stearic Acid; Ammonium Salt
Amphoteric
Amphoteric-2
Ascorbyl Stearate
Asparagine
Aspartic-Acid _ DL & L Forms; Aminosuccinate Acid

B

Basic Violet 10
Beheneth-5, -10, -20, -30
Behenic Acid _ Docosanoic Acid
Behenic Acid _ Docosanol
Beta-Carotene _ Provitamin A; Beta Carotene
Betaine
Biotin _ Vitamin H; Vitamin B Factor
Brilliantines
Burow's Solution
Butyl Acetate _ Acetic Acid; Butyl Ester
Butyl Glycolate
Butyl Oleate
Butyl Palmitate
Butyl Phrhalyl Butyl Glycolate
Butylrolactone _ Butanolide

C

C18-36 Acid

C29-70 Acid _ C29-70 Carboxylic Acids
C18-36 Acid Glycol Ester
C18-36 Acid Triglyceride
C9-11 Alcohols
C12-16 Alcohols
C14-15 Alcohols
C12-15 Alcohols Benzoate
C12-15 Alcohols Lactate
C21 Dicarboxylic Acid
C15-18 Glycol
C18-20 Glycol Palmitate
C8-9, C9-11, C9-13, C9-14, C10-11, C10- 13, C11-12, C11-13,
C12-14, C13-14, C13-16, and C20-40
IsoParaffins
C11-15 Pareth-12 Stearate
C11-15 Pareth-40
C12-13 Pareth 3-7
C14-15 Pareth-7, -11, -13
C10-18 Triglycerieds
Calcium Stearate
Calcium Stearoyl Lactylate
Caproamphoacetate
Caproamhodiacetate
Capryl Betaine
Caprylamine Oxide
Caprylic / Capric / Stearic Triglyceride
Caprylic Acid
Caprylamphoacetate
Capryloamphodiacetate
Carbamide
Cetearalkonium Bromide
Ceteareth-3 _ Cetyl/Stearyl Ether
Ceteareth-4, -6, -8, -10, -12, -15, -17, -20, - 27, -30
Ceteareth-5
Cetaryl Alcohol
Ceteth-1
Cetyl-
Cetyl Alcohol
Cetyl Ammonium
Cetyl Arachidate
Cetyl Betaine
Cetyl Esters
Cetyl Lactate
Cetyl Myristate
Cetyl Octanoate
Cetyl Palmitate

Cetyl Phosphate
Cetyl Ricinoleate
Cetyl Stearate
Cetyl Stearyl Glycol
Cetylarachidol
Cetylpyridinium Chloride
Cetyltrimethylammonium Bromide
Chitin
Cloflucarbon

D

Deceth-7-Carboxylic Acid
Decyl Betaine
Diacetyl
Diazo-
Diazolidinyl Urea _ Germall II (TM)
Dicetyl Adipate
Dicetyl Thiodipropionate
Diethyl Aspartate
Diethyl Palmitoyl Aspartate
Diethyl Sebacate
Diethylaminoethyl Stearamide
Diethylaminoethyl Stearate
Diglyceryl Stearate Malate
Dihydroxyethyl Soyamine Dioleate
Dihydroxyethyl Stearamine Oxide
Dihydroxyethyl Stearyl Glycinate
Dimethyl Behenamine
Dimethyl Lauramine Oleate
Dimethyl Myristamine
Dimethyl Palmitamine
Dimethyl Stearamine
Dimethylaminopropyl Oleamide
Dimethylaminopropyl Stearamide
Dimethylol Urea
Dimyristyl Thiodipropionate
Dioleth-8-Phosphate
Direct Black 51
Direct Red 23 _ Fast Scarlet 4BSA
Direct Red 80
Direct Violet 48
Direct Yellow 12 _ Chrysophenine G
Disodium Cetaeryl Sulfosuccinate
Disodium Isostearamino Mea- Sulfosuccinate
Disodium Monooleamidossulfosuccinate
Disodium Monoricinoleamido Mea- Sulfosuccinate
Disodium Oleamido MIPA-Sulfosuccinate

Disodium Oleamido PEG-2 Sulfosuccinate
Disodium Oleyl Sulfosuccinate
Disodium Stearmido MEA-Sulfosuccinate
Disodium Stearminodipionate
Disodium Stearyl Sulfosuccinate
Distearyl Thiodipropionate
DI-TEA-Palmitoyl Asparate
Dodecanedionic Acid; Cetearyl Alcohol; Glycol Copolymer
Dodecyltetradecanol

E

Enfleurage
Enzyme
Ethyl Aspartate
Ethyl Oleate
Ethyl Palmitate
Ethyl Serinate
Ethyl Stearate
Ethyl Urocanate
Ethylene Dioleamide
Ethylene Distearamide
Ethylene Urea
Ethylhexyl Palmitate

F

Fatty Alcohols _ Cetyl; Stearyl; Lauryl; Myristyl
Folic Acid
Fructose

G

Gel (not Silica gel)
Glucose Glutamate
Glyceryl Caprate
Glyceryl Caprylate
Glyceryl Caprylate/Caprate
Glyceryl Dioleate
Glyceryl Distearate
Glyceryl Hydrostearate
Glyceryl Hydrostearate
Glyceryl Hydroxystearate
Glyceryl Isostearate
Glyceryl Monostearate
Glyceryl Myristate
Glyceryl Oleate
Glyceryl Palmitate Lactate
Glyceryl Stearate SE

Glyceryl Trimyristate
Glycol Stearate SE
Glycyrrhetinyl Stearate
Guanidine Carbonate
Guanosine

H
Hexanediol Distearate
Histidine
Hydrogenated Fatty Oils
Hydroxylated Lecithin
Hydroxyoctacosanyl Hydroxystearate
Hydroxystearmide MEA
Hydroxystearic Acid

I
Imidazolidinyl Urea
Indole
Isobutyl Myristate
Isobutyl Palmitate
Isobutyl Stearate
Isoceteth-10, -20, -30
Isocetyl Alcohol
Isocetyl Isodecanoate
Isocetyl Palmitate
Isocetyl Stearate
Isocetyl Stearoyl Stearate
Isoceteth-10 Stearate
Isodecyl hydroxystearate
Isodecyl Myristate
Isodecyl Oleate
Isodecyl Palmitate
Isohyxyl Palmitate
Isopropyl Acetate
Isopropyl Isostearate
Isopropyl Myristate
Isopropyl Palmitate
Isopropyl Stearate
Isostearamidopropylammonium Chloride
Isostearamidopropyl Betaine
Isostearamidopropyl
Dimethylamine Glycolate
Isostearamidopropyl Dimethylamine Lactate
Isostearamidopropyl Ethyldimonium Ethosulfate
Isostearamidopropyl Morpholine Lactate
Isostearamidopropylamine Oxide

Isosteareth-2 through -20
Isostearic Acid
Isostearoamphoglycinate
Isostearoamphopropionate
Isostearyl Alcohol
Isostearyl Benzylimidonium Chloride
Isostearyl Diglyceryl Succinate
Isostearyl Erucate
Isostearyl Ethylimidonium Ethosulfate
Isostearyl Hydroxyethyl Imidazoline
Isostearyl Imidazoline
Isostearyl Isostearate
Isostearyl Lactate
Isostearyl Neopentanoate
Isostearyl Palmitate
Isostearyl Stearoyl STearate

L

Lactic Acid
Lauroyl Sarcosine
Lauryl Isostearate
Lauryl Palmitate
Lauryl Stearate
Lauryl Sultaine
Lithium Stearate

M

Magnesium Myristate Magnesium Oleate
Magnesium Stearate
Methyl Gluceth-10 or -20
Methyl Glucet-20 Sesquistereate _ Glucamate
Methyl Glucose Sesquioleate
Methyl Glucose Sesquistearate
Methyl Hydroxystearate
Methyl Lactate
Methyl Myristate
Methyl Oleate
Methyl Palmitate
Mixed Isopropanolamines
Myristate
Morpholine Stearate
Myreth-3
Myreth-3 Caprate _ Myristic Ethoxy Caprate
Myreth-3 Laurate
Myreth-3 Myristate

Myreth-4
Myristamide DEA _ Myristic Diethanolamide
Myristamide MIPA
Myristamidopropyl Betaine
Myristamidopropyl Diethylamine
Myristamidopropylamine Oxide
Myristamine Oxide
Myristaminopropionic Acid
Myristate
Myristic Acid
Myristimide MEA
Myristoamphoacetate
Myristoyl Sarcosine
Myristyl Alcohol
Myristyl Betaine
Myristyl Hydroxyethyl Imidazoline
Myristyl Isostearate
Myristyl Lactate
Myristyl Myristate
Myristyl Neopentanoate _ Ceraphyl
Myristyl Propionate
Myristyl Stearate
Myristyleicosanol
Myristyleicosyl Stearate
Myristyloctadecanol

N

Nonyl Acetate

O

Octododecanol-2 _ Octyl Dodecanol
Octododeceth-20, -25
Octododecyl Myristate
Octoxyglyceryl Behenate
Octyl Acetoxystearate
Octyl Hydroxystearate
Octyl Palmitate
Octyl Stearate
Octyldocecanol
Octyldodecyl Stearate
Octyldodecyl Stearoyl Stearate
Oleamide _ Oleylamide
Oleamide DEA _ Oleic Diethanolamide
Oleamide MIPA
Oleamine Oxide
Oleic Acid

Oleoyl Sarcosine
Oleth-3 Phosphate
Oleth 20
Oleth-20 Phosphate
Oleyl Betaine
Oleyl Myristate
Oleyl Oleate
Oleyl Stearate
Orotic Acid _ Pyrimidicarboxylic Acid

P

Palmamamidopropyl Betaine
Palmitamide DEA, MEA
Palmitamidopropyl Betaine
Palmitamindopropyl Diethylamine
Palmitamine
Palmitamine Oxide _ Palmityl Dimethylamine Oxide
Palmitate
Palmitic Acid
Panthenyl Ethyl Etheracetate
Pareth-25- 12
PEG-9 Caprylate
PEG-8 Caprylate / Caprate
PEG-6 Caprylic / Capric Glycerides
PEG-6 to -150 Dioleate
PEG-3 Dipalmitate
PEG-2 through -175 Distearate
PEG-5 through -120 Glyceryl Stearate
PEG-25 Glyceryl Trioleate
PEG-6 or -12 Isostearate
PEG-20 Methyl Glucose Sesquistearate
PEG-4 Octanoate
PEG-2 through -9 Oleamide
PEG-2 through -30 Oleamide
PEG-12, -20, or -30 Oleate
PEG-3 through -150 Oleate
PEG-6 through -20 Palmitate
PEG-25 through -125 Propylene Glycol Stearate
PEG-8 Sesquioleate
PEG-5 or -20 Sorbitan Isostearate
PEG-3 or -6 Sorbitan Oleate
PEG-80 Sorbitan Palmitate
PEG-40 Sorbitan Peroleate
PEG-3 or -40 Sorbitan Stearate
PEG-30, -40, or -60 Sorbitan Tetraoleate
PEG-60 Sorbitan Tetrastearate

PEG-2 through -150 Stearate
 PEG-66 or -200 Tryhydroxystearin
 Pentaerythrityl Tetraoctanoate
 Pentaerythrityl Tetrastearate and Calcium Stearate
 Phospholipids _ Phosphatides
 Polyglycerol
 Polyglycerol-4 Cocoate
 Polyglycerol-10 Decalinoleate
 Polyglycerol-2 Diisostearate
 Polyglycerol-6 Dioleate
 Polyglycerol-6 Distearate
 Polyglycerol-3 Hydroxylauryl Ether
 Polyglycerol-4 Isostearate
 Polyglycerol-3, -4 or -8 Oleate
 Polyglycerol-2 or -4 Oleyl Ether
 Polyglycerol-2 PEG-4 Stearate
 Polyglycerol-2 Sesquiisostearate
 Polyglycerol-2 Sesquioleate
 Polyglycerol-3, -4 or -8 Stearate
 Polyglycerol-10 Tetraoleate
 Polyglycerol-2 Tetrastearate
 Polysorbate 60 and Polysorbate 80
 Potassium Apartate
 Potassium Coco-Hydrolyzed Protein
 Potassium DNA
 Potassium Oleate-Oleic Acid
 Potassium Salt
 Potassium Myristate
 Potassium Palmitate
 Potassium Stearate _ Stearic Acid Potassium Salt
 PPG-3-Myreth-11
 PPG-4-Ceteareth-12
 PPG-4-Ceteth-1, -5 or -10
 PPG-4 Myristyl Ether
 PPG-5-Ceteth- 10 Phosphate
 PPG-6-C12-18 Pareth
 PPG-8-Ceteth, -5, -10, or -20
 PPG-9-Steareth-3
 PPG-10-Ceteareth-20
 PPG-10 Cetyl Ether leyl Ether
 PPG-11 or -15 Stearyl Ether
 PPG-26 Oleate _ Polyxypropylene 2000 Monooleate; Carbowax
 PPG-28 Cetyl Ether
 PPG-30 Cetyl Ether
 PPG-30, -50, Oleyl Ether
 PPG-36 Oleate _ Polyoxypropylene (36) Monooleate

PPG-Isocetyl Ether PPG-3- Isosteareth-9
Proline
Propylene Glycol Myristate
Protein Fatty Acid Condensates
Proteins
Pyridium Compounds
Pyroligneous Acid

R
Retinyl Palmitate
Ribonucleic Acid _ RNA

S
Sarcosines
S-Carboxy Methyl Cysteine
Sebactic Acid _ Decanedioic Acid
Serine
Skatole
Sodium Aluminum Chlorohydroxyl Lactate
Sodium C12-15 Pareth-7 Carboxylate
Sodium C12-15 Pareth-Sulfate
Sodium Cetearyl Sulfate
Sodium Cetyl Sulfate
Sodium Cocyl Sarcosinate
Sodium DNA
Sodium Glyceryl Oleate Phosphate
Sodium Isosteareth-6 Carboxylate
Sodium Isosteroyl Lacrylate
Sodium Myreth Sulfate
Sodium Myristate
Sodium Myristoyl Isethionate
Sodium Myristoyl Sarcosinate
Sodium Myristyl Sulfate
Sodium Oleth-7 or -8 Phosphate
Sodium Palmitate
Sodium Pareth- 15-7 or 25-7 Carboxylate
Sodium Pareth-23 or -25 Sulfate
Sodium PCA
Sodium PCA Methysilanol
Sodium Ribonucleic Acid _ SRNA
Sodium Sarcosinate
Sodium Soap
Sodium Stearate
Sodium Steroyl Lactylate
Sodium Urocanate
Sorbeth-6 Hexastearate

Sorbitan Diisoseate
Sorbitan Dioleate
Sorbitan Fatty Acid Esters
Sorbitan Isostearate
Sorbitan Oleate _ Sorbitan Monooleate
Sorbitan Palmitate _ Span 40 (TM)
Sorbitan Sesquioleate
Sorbitan Sequistearate
Sorbitan Triisostearate
Sorbitan Tristearate
Spermaceti _ Cetyl Palmitate
Stearalkonium Bentonite
Stearalkonium Chloride
Stearalkonium Hectorite
Stearamide
Stearamide DEA _ Stearic Acid Diethanolamide
Stearamide DIBA Stearate
Stearamide MIPA Stearate
Stearamide MIPA
Stearamide Oxide
Stearmidopropalkonium Chloride
Stearamidopropyl Dimethylamine
Stearamine
Stearamine Oxide
Stearates
Steareth-2
Steareth-4 through -100
Stearic Acid
Stearic Hydrazide
Stearmidoethyl Diethylamine
Stearoamphoacetate
Stearoamphocarboxyglycinate
Stearoamphodiacetate
Stearoamphohydroxypropysulfonate
Stearoamphopropionate
Stearone
Stearoxy Dimethicone
Stearoxytrimethylsilane
Stearoyl Lactic Acid
Stearoyl Sarcosine
Steartrimonium Chloride
Steartrimonium Hydrolyzed Animal Protein
Stearyl Acetate
Stearyl Betaine
Stearyl Caprylate
Stearyl Citrate

Stearyl Erucamide
Stearyl Erucate
Stearyl Ghycyrrhetinate
Stearyl Heptanoate
Stearyl Hydroxyethyl Imidazoline
Stearyl Lactate
Stearyl Octanoate
Stearyl Stearate
Stearyl Stearoyl Stearate
Stearyldimethyl Amine
Stearylvinyl Ether/Maleic Anhydride Copolymer
Steroids (sic) (could be misspelling for steroids)
Sterol
Sucrose Distearate
Sucrose Laurate
Sucrose Stearate
Synthetic Spermaceti

T

TEA-Lauroyl Sarcosinate
TEA-Myristate
TEA-Oleate _ Triethanolamine Oleate
TEA-Palm-Kernel Sarcosinate
TEA-Stearate
Terpinyl Acetate
Tetramethyl Decynediol
TIPA-Stearate
Tridecyl Stearate
Tryhydroxy Stearin
Triisostearin
Trimethylopropane Triisostearate
Trimyristin-Glyceryl Trimyristate
Trioleth-8 Phosphate
Trioleyl Phosphate
Tristearin
Tristearyl Citrate
Tryptophan
Tyrosine

U

Undecylpentadecanol
Urea _ Carbamide
Urease

V

Valine

W

Waxes

Z

Zinc Stearate _ Zinc Soap

SOURCES

Sources And Where to Find
More Information

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"Minimax" Dr. David Phillips
"Vegan Delights" Eva Batt
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Definitive

Listings: "Animal Ingredients and Their Alternatives"

"The American Heritage Dictionary"

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"Slaughter Of The Innocent" Ruesch, Hans

"List Of Animal Products and Their Alternatives"
Cardillo, Jon

"Animal Liberation" Singer, Peter

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"A Consumer's Dictionary of Cosmetic Ingredients"
Winter, Ruth

From The Internet: "rec.food.veg.faq" and
"rec.food.ar.faq"

Vegan Beer "Cruelty-Free beers." Animal-Times Jan/Feb 1995

This list is not intended to be exhaustive, and inclusion on the list is not an endorsement of the producer or manufacturer. PETA makes no claim regarding these companies' environmental, business, or advertising practices." (uhh, nor does E.G. Smith Press)

*Coors intentionally deleted from list.

Animal Derived

Ingredient List: "Personal Care with Principle," National Anti-Vivisection Society, Spring, 1992

Possible Animal

Derived: Ibid

Myths: From The Internet "rec.food.veg.faq"

****END OF DOCUMENT****